KPIs Explanation:

- **stress_management:** Measures how frequently you experience stress and how well you cope with it.
- **motivation:** Assesses your drive and energy to work on your personal wellness goals.
- **restless_night_score:** Indicates the frequency of sleep disturbances, such as trouble falling asleep or waking during the night.
- **anxiety_level:** Reflects how often you experience anxiety, especially before sleep.
- **burnout_level:** Shows your current level of burnout, highlighting feelings of overwhelm or emotional drain.
- **dietary_habit_score:** Evaluates your satisfaction with your eating habits and how balanced your diet is.
- **physical_fitness_score:** Measures your level of physical activity and self-rated strength, indicating overall fitness.
- **focus_score:** Assesses your ability to concentrate and stay focused on daily tasks.
- **overall_wellness_score:** Provides a holistic view of your overall health and well-being by aggregating the other KPIs.
- **Package**: Recommended package (or combination of packages) -> Fitness, Focus, Insomni
- **Report**: Text-based summary report of the assessment results and reasoning behind recommendations

I have added three more KPIs:
1.Dietary Habit Score
2. Physical Fitness Score
3. Overall wellness score

And removed the balanced_weight KPI according to the instructions